## **COMPOSITE PUSH ROD**

## **Abstract of the Disclosure**

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An adjustable length composite push rod constructed of a composite bar having two specially shaped ends to which metal end fittings bond via mating surfaces provided thereon for evenly distributing mechanical stress from the metal end fittings to the composite bar. The bar is constructed of a plurality of layers of sheets of thermosetting, epoxy impregnated, longitudinally oriented fiber material that form the inner portion of the push bar and a single outside sheet of thermosetting, epoxy impregnated, woven fiber material forms the outside portion of the bar.